

# **STRENGTHEN:**

**to become stronger or more effective.**

*"Take care of your body. It's the only place you have to live."*

*- Jim Rohn*

A person is silhouetted while sitting in a meditative pose on the peak of a dark, jagged mountain. The background features a vast mountain range with snow-capped peaks under a blue sky with light clouds. The scene is bathed in a warm, golden light, suggesting a sunrise or sunset.

**Thrive**

A dark blue silhouette of a man and a child with their arms raised in a celebratory gesture, set against a lighter blue background. The man is in the foreground, and the child is slightly behind him.

# **FATHER'S DAY – JUNE 18**

Father's Day is just around the corner, and it just so happens June is Men's Health Month. The purpose of Men's Health Month is to heighten awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease and depression. This month especially, thank the father figures in your life for all they do and remind them to get an annual checkup!



Thrive emphasizes the importance of physical health screenings and encourages all state employees and their families to get regular checkups. If you have a family history of disease, such as cardiovascular disease, checkups are important, even if you are at a healthy weight with good cholesterol numbers or you exercise regularly. If you do have family history of heart disease, it is recommended to get a heart scan.

Facilities located all over the state offer heart, aorta and lung scans. These facilities do not require an order from your doctor, so you can take a proactive approach to your health. For locations, email [thrive@omes.ok.gov](mailto:thrive@omes.ok.gov).



# STRATEGIES TO HELP MAINTAIN MORE MUSCLE AS YOU AGE

An article in Harvard Men's Health Watch indicated that after the age of 30, men tend to lose as much as 3% to 5% of muscle mass per decade (3%-8% in women). This is due to the muscle-building hormone testosterone, which gradually declines after the age of 40. The good news it is in your own power to slow this natural decline and perhaps even reverse it. Lifting weights seems to be the best solution. Shawn Pedicini, a physical therapist at Spaulding Rehabilitation Hospital, said, "weight training is the best way to keep the muscle mass you have and even increase the muscle mass you may have lost with aging." Listed below are some strategies to approach weight training in later years:

- Invest in a trainer. Make sure they are licensed and credentialed. They can teach you proper technique and form which is very important when you are ready to work out on your own.
- Get free - Pedicini believes that free weights, like dumbbells, kettlebells and barbells are often better for muscle building than machines. But if you have balance issues or other limitations, machines are ideal for sitting during your workout.
- Leg up - Although you need full-body workouts for all the major muscles, older men should focus more on their leg muscles such as quadriceps

and hamstrings (thigh), gluteals (in buttocks) and calf muscles. The reason is because they are more involved in daily functional movements like squatting and climbing stairs.

- Weight, reps and sets - According to Pedicini, older men should do fewer repetitions with heavier weights to gain the most muscle. Idea would be eight repetitions for each exercise for three sets. If you have movement issues, it is best to use lighter weights and more repetitions.
- Find your tempo - It is best to lift at a seven-second tempo, such as three seconds to lift the weight, one-second pause, and three seconds to lower it. It is best to use enough weight so that the last few reps are challenging. When you can comfortably lift eight repetitions without tiring the muscle, you can gradually increase the weight. "Muscles only grow stronger if you keep adding resistance," says Pedicini.
- Give it a rest - Always allow at least 48 hours between sessions for muscle recovery. But if you want to break up your routine into upper body and lower body, you can work the upper body one day and lower the next.